

IP PC: Enchilada Beans

I ran out of pinto beans and a mix of pinto and kidney worked fine, so I know all kidney would, too.

2 1/4	cup	vegetable broth	1/4	tsp	cayenne pepper
8	oz	tomato sauce	1	tsp	garlic powder
1	tsp	coco powder	1 1/3	cup	pinto beans
2	Tbs	chili powder	1 1/2	cup	corn
1	Tbs	cumin			

Procedure

- 1 Beans: Either (1) soak for 6-8 hours/overnight or (2) quick soak on stove or microwave big bowl of water for 4 minutes, add beans, microwave for 1 minute more, let beans sit and soak for 30 minutes. Drain beans.
- 2 Mix all ingredients except beans and corn. Add beans.
- 3 Stir well and lock lid into place, with the venting valve closed. Press "beans" program button. Press the "+" key to set time at 50 minutes. Set timer if using. Pot will take about 10 minutes to come up to pressure, will cook then go into warm mode. Hit "warm/cancel" to have Pot start to cool and allow for a natural pressure release. This takes about 10 minutes.

Servings: 4.5

Yield: 1 cup per serving

Nutrition Facts

Nutrition (per serving): 282 calories, 20 calories from fat, 2.3g total fat, 0mg cholesterol, 987.6mg sodium, 1149.1mg potassium, 52.9g carbohydrates, 12.3g fiber, 6.3g sugar, 15.2g protein.

Recipe Tips

When cooking beans with an acidic ingredient like vinegar or tomatoes, they will need to be cooked 3 to 4 times the bean's recommended pressure cooking time to be fully cooked

This can probably be made without a pressure cooker by cooking the beans and setting them and the corn aside. Mix the remaining ingredients and bring to a boil and stir to thicken. Reduce heat and cook for probably 10 minutes to allow flavors to mix. Then combine all ingredients and warm and serve.

